



**MAASAI MARA UNIVERISTY**

**OFFICE OF THE REGISTRAR (ACADEMIC AFFAIRS)**

**COURSE OUTLINE FORM**

**SCHOOL: ARTS AND SOCIAL STUDIES**

**DEPARTMENT: SOCIAL STUDIES**

**COURSE CODE: SWK 1210-1: INTRODUCTION TO GUIDANCE AND COUNSELLING**

**The purpose of this course**

To introduce learners to the basic principles of guidance and counseling

**Expected Learning Outcomes**

By the end of this unit you should be able to:

1. Define the terms guidance and counseling.
2. Differentiate between guidance and counseling
3. Articulate the role and functions of counselors in various settings.
4. Develop an effective guidance and counseling programme
5. Explain the basic principles of guidance and counseling.
6. Demonstrate key competencies and characteristics of effective counselors

**Lecturer's Name:** Dr. Joy Amore **TEL:** 0728673205 **Signature:**..... **Date:**

**Class rep. Name:**\_\_\_\_\_ **Tel:**\_\_\_\_\_ **Sign:**\_\_\_\_\_ **Date**

<b>Weeks</b>	<b>Topic</b>
1 &2	<b>INTRODUCTION</b> <ul style="list-style-type: none"><li>• Definition of terms and concepts</li><li>• Differences between guidance and counseling</li><li>• <b>Key features of guidance and counseling</b></li></ul>
3	<ul style="list-style-type: none"><li>• Role and functions of counseling in various settings and the philosophical basis of helping</li></ul>
4- 6	<ul style="list-style-type: none"><li>• Role and functions of counseling and councilors in various settings and the philosophical basis of helping</li></ul>
7	The process of counseling <ul style="list-style-type: none"><li>• Approaches to guidance and counseling</li></ul>
8 &9	<ul style="list-style-type: none"><li>• Need of guidance and counseling in Kenya</li><li>• Principles and practices of guidance and counseling in various settings</li></ul>

10	<ul style="list-style-type: none"> <li>• Factors that affect mental health in the society,</li> </ul>
11	<ul style="list-style-type: none"> <li>• Competences and characteristics of effective counselors,</li> <li>• Ethics in counseling and psychotherapy.</li> </ul>
12 & 13	<b>Revision</b>

**Course Assessment**

<u>Type</u>	<u>weighting (%)</u>
<b>Continuous Assessment Tests</b>	
Sin –in C.A.T 1	10%
Group and/ or individual class presentation	10%
Assignment	10%
Sit-in CAT II	10%
Class attendance	10%
<b>Main Examination</b>	<b><u>50%</u></b>
<b>Total</b>	<b><u>100%</u></b>

**References**

**Core Reading Texts**

- Reeves, A. (2018). *An introduction to counselling and psychotherapy: From theory to practice*. Sage publications.
- Nystul, M. S. (2015). *Introduction to counseling: An art and science perspective*. Sage Publications.
- Capuzzi, D., & Stauffer, M. D. (2016). *Counseling and psychotherapy: Theories and interventions*. John Wiley & Sons.
- Capuzzi, D., & Stauffer, M. D. (2016). *Counseling and psychotherapy: Theories and interventions*. John Wiley & Sons.

**Textbooks and Journals for Further Reading**

- Bayne, R. (1988). *The Counseling Relationship and Psychological Type*. London: Sage.
- Egan, G. (2007) *The Skilled Helper. Aproblem management and opportunity development approach to helping*. Belmont. Thomson Bpooks/Cole.
- Ivey, A. (1986). *Developmental Therapy: Theory into Practice*. Sanfransisco: Jossey-Bass.
- Ivey, A. (1991). *Develpomental Strategies for helpers. Individual, Family, and Network Inreventions*. Pacific Grove, Calif: Brooks Cole
- Okoth, G. (2002). *A comprehensive Manual for Guidance and Counselling Teachers*.Nairobi: Worldlink Press Publishers.
- Omulema,B.(2000).*Theories and Techniques of Counselling*. Njoro: Egerton University
- Okumu, A. (2011). *Introduction to Guidance and Counseling*. [https://oer.avu.org/bitstream/handle/123456789/749/EDU05\\_EN%20Introduction%20to%20Guidance%20and%20Counseling.pdf?sequence=1&isAllowed=y](https://oer.avu.org/bitstream/handle/123456789/749/EDU05_EN%20Introduction%20to%20Guidance%20and%20Counseling.pdf?sequence=1&isAllowed=y)

HEAD OF DEPARTMENT..... SIGNATURE .....DATE.....



# **MASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATION**

**2023/2024 ACADEMIC YEAR**

**FIRST/SECOND SEMESTER**

**SCHOOL OF ARTS HUMANITIES SOCIAL  
SCIENCES AND CREATIVE INDUSTRIES**

**BACHELOR OF ARTS**

**DEPARTMENT: SOCIAL STUDIES**

**COURSE CODE: SWK1210-1**

**COURSE TITLE: INTRODUCTION TO GUIDANCE  
AND COUNSELING**

**DATE: 13/5/2024**

**TIME: 0830-1030 HRS**

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**INSTRUCTIONS TO CANDIDATES**

- *Answer question ONE (compulsory) and any other TWO questions.*
- *Question one carries 20 marks*
- *All other questions carry 15 marks*

### **QUESTION ONE**

- b) Explain the differences between guidance and counseling (10mks)
- c) Describe a Person/Client-Centered counseling (10mks)

### **QUESTION TWO**

Discuss the functions of counseling in the various settings and the philosophical basis of Helping (15mks)

### **QUESTION THREE**

- a) Explain Five approaches of guidance and counseling (5mks)
- b) Discuss the Factors that affect mental health in the society (10mks)

### **QUESTION FOUR**

Examine the Fundamental Work Principles of Guidance and Counseling in various settings (15mks)

### **QUESTION FIVE**

Citing relevant Examples, Explain the need of guidance and counseling in Kenya (15mks)

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